

Cycle wear, cycle everywhere!

Manchester FoE promotes cycling style at Bike Fabulous, writes Cat

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On a busy Saturday during Bike Week at the end of June, Manchester FoE took over Exchange Court in the Arndale for an all-day bike extravaganza, Bike Fabulous, to dispel the myth that fashion and bikes don't mix. Recognizing that this is one of the barriers to commuter cycling, we decided to highlight practical yet chic styles that everybody could wear to get about the city.

Bike Fabulous, the brainchild of Manchester FoE campaigner Katy Carlisle, was supported by the Arndale and by many shops in the mall, not forgetting many local bikecentric concerns who all donated their time and expertise.

Not only did we hold four fashion shows during the day, we also took the opportunity to engage with the public about all things cycling, from pedal-powered music to practical cycle safety.

Our models were all 'real' volunteers who strutted their stuff down the catwalk. The shows featured beautiful helmets, strategically placed underarm zips and reflective strips mixed with slimline denim and cheeky skirts.

Meanwhile, 'Pimp My Ridewear' saw kids (and adults wanting to be kids) glue, cut and paint away to turn your average reflective bike vest into a fashion masterpiece. In the process they also managed to decorate a sizable portion of the mall with glitter!

Despite a bike tyre exploding due to over-zealous pumping, we managed to run the whole event by pedal power – and to serve over 200 fruit smoothies to anyone prepared to work for them on the pedal-powered smoothie maker.

(continued on page 2)



Christian shows off cycling style at Manchester FoE's Bike Fabulous (photo: Roland Houghs)

Local Groups Conference

Don't forget to book your place at this year's Local Groups Conference!

Come and share ideas with other group members in Reading from Friday 10th to Sunday 12th September.

This year's theme is "Power and Politics – can we create a different environment".

The conference will feature guest speakers (including Ken Livingstone), seminars, training sessions, the Motions debate, and the Earthmovers Awards, which celebrate the successes local groups have had over the past year. The final booking deadline is Friday 20th

August. For more info & booking see

<http://www.foe.co.uk/events/conference.html>

Inside this Issue:

Fix The Food Chain – latest news 2

Heather Mills backs our campaign 3

World Environment Day Picnic 4

Leeks Hit The Streets 5

(plus the latest vegan recipe!)

Beauty product shops Lush and The Body Shop also lent a hand in keeping cyclists fabulous on their bikes, offering makeovers and a raffle prize to those who signed up to Manchester FoE. Not surprisingly, one of the most popular attractions was the prize draw for a £300 bike from Edinburgh Bicycle Co-op. Over 360 entries were collected – more than one a minute!

Although we are still brushing glitter from our hair and having nightmares about reflective vests, there is sure to be more bike fabulousness in the near future!

John Leech supports rainforest-free lunches and Robert Flello launches livestock bill, writes Rachel

On Friday 4th June, Lib Dem MP John Leech joined Manchester FoE for a photo shoot to show his support for Fix The Food Chain. This national campaign urges the Government to fix the food chain by shifting subsidies away from factory farming towards supporting farmers to grow their own animal feed.

John said: *"I am very concerned about the effect that the way in which we raise farm animals in this country is having on areas of natural beauty and global importance like the Amazon rainforest. Though it is difficult to have a rainforest-free lunch when we are eating meat and dairy, FOTE's campaign shows that it is possible to farm animals without causing such significant damage to our planet. I fully support their calls for policies which will help British farmers to rear animals that are born, bred and fed British."*

p 2 • Manchester Friends of the Earth • August 2010

Manchester FoE's Meat Free Monday campaign gets a boost from Heather Mills, writes Al Clark

If everyone in the UK went meat free on Monday it would have an impact on emissions equivalent to taking 5 million cars off the road, according to the UN's Food and Agriculture Organization. Researchers in Japan found that the production of 1kg of beef results in greenhouse gas emissions equivalent to the CO2 emitted by the



average car over 250 km. It is therefore clear that to reduce the impacts of climate change we need to tackle one of the biggest sources of greenhouse gases. By going meat-free on Monday, you can feel empowered that, by doing something so simple as cutting meat out of your diet one day a week, you will have a big impact on cutting your own carbon footprint.

The Council's stakeholder conference will give people a say in its action plan, says Marc Hudson

(continued on page 4)

The format will NOT be 'Death by Powerpoint' – there will be a small number of presentations in a plenary at the outset, but plenty of opportunities to talk to each other, learn from each other and give feedback, especially to larger institutions like the Council, via workshops and facilitated peer-learning (which is more fun than it sounds). The organisers are also keen to capture thoughts and opinions before the conference to play back on the day.

So, here is an opportunity for the Council and civil society to learn from each other. It's now up to climate/social justice campaigners to take this opportunity to use the space – physical and political – to best effect. Will they?

There will be opportunities for FoE supporters to get involved with this event, both via a survey and in public meetings. Check out the weekly digest for more details!

World Environment Day Picnic

How did you spend World Environment Day on Saturday 5th June? asks Cat

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This year Manchester FoE decided to combine campaigning, skill learning and a healthy dose of socialising to mark this important day.

One of our main campaign focuses this year has been food, targeting both production and consumption via our Fix The Food Chain and Meat Free Monday campaigns. On this occasion Ben took the lead and organised cooking classes and a picnic in Manley Park, Whalley Range.

A local community enterprise, Cracking Good Food, was invited to teach us how to cook delicious vegan picnic fare. Spicy falafel, butterbean dip and herby potato salad were produced canvas in no time at all. Even Eileen, a confessed epicureaphobe, was convinced of the virtues of a little slow cooking...well almost!

Apart from enjoying the lovely weather and each other's company, the day was a great opportunity to highlight the practical steps that each of us can take to introduce meat-free fayre into our diet. This is a healthier choice not only

for our bodies but also for the environment, as the meat and dairy industry is known to be responsible for approximately 18% of the planet's carbon emissions when we consider feed production, transport and animal methane.

For more information, see the Meat Free Monday website at <http://www.supportmfm.org/index.cfm> and the Cracking Good Food website <http://crackinggoodfood.org/>

Tunnels, Turbines and Tetrapaks

Manchester FoE go out on tour, learning about sustainability projects in the area, writes Sarah

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Over the past few months, members of the group have been spending time getting smarter! We have been going on educational trips to learn more about sustainability.

Back in April, we went for a tour of the Trafford Eco House with its famous aquaponics polytunnel. This was educational, inspiring and full of useful tips on how to make your home more environmentally friendly. We saw how to maximise food production in your back garden as well as hearing how to measure your energy in your own home and how best to insulate it.

Later, we visited Torrs Hydro at New Mills – a community hydro scheme which generates electricity using the river to drive a reverse Archimedes screw turbine. We had a guided tour and a talk from a member of staff who told us more about its generating capacity and how it operates. Unfortunately the river level was low so the turbine wasn't working naturally but our guide got it working so we could see it operational.

In May we went to an allotment and learned how to plant smartly to increase the harvest – about companion planting and how to attract certain wildlife which would benefit the crops, such as bees. Also we sowed radish and salad leaf seeds in a Tetrapak which we were able to take home.

We have more events planned for the latter half of the year. Keep an eye on our weekly digests for updates and, if you fancy it, why not join us!

And not just leeks – cabbages and dragonfly puppets too, says Sarah

The parade was the first of its kind, inspired by a similar event in New York City, with the theme “Out of this world”. Manchester FoE worked with other environmental groups from across the city as part of a ‘moving allotment’ – sending out a message of sustainability and biodiversity with our props and costumes, designed by local theatre prop designer Brian Hanlon. Many community groups, schools and colleges took part and we all worked together in a warehouse down in Castlefield having fun making costumes, puppets, props and decorations for the event.

On the morning of the parade it was inspiring and a great feeling to see the fruits of our labour come to life in the sunshine as thousands assembled with their various costumes and floats. The spectacle was amazing – space ships, dancing cyclists and Wizard of Oz characters! We joined our moving allotment alongside butterflies on stilts and a giant beekeeper and took to the streets of Manchester. Deansgate was closed off to traffic for the parade and the streets were lined with an estimated 75,000 people who turned out to watch and enjoy the spectacle.

Although the event brought many people together to work creatively, from a recycling standpoint it would have been even better if materials used for props and costumes had been sourced from recycled materials or trash instead of virgin resources. This would have made the event less wasteful. And we would have liked a vegan snack afterwards – however, this didn't detract from the fun!



Event producers Walk The Plank were pleased with how well it went, and all involved had a brilliant time. I hope they do it again next year and, if they do, you should definitely come along and join in the fun!

Spreading the news about emissions reductions to Trafford and other areas, writes Damian

In the wake of last year's success at getting Manchester to commit to 41% emissions cuts over the 2010–20 period, it's now time to spread the message to other boroughs in Greater Manchester.

Trafford has recently signed up to the 10:10 campaign, so we have started campaigning there with the aim of getting the borough to make a formal commitment to the same level of emissions cuts. At a stall in Davyhulme we spoke with the leader of the sustainability select committee and Manchester FoE campaigners have contacted councillors in Sale and Ashton upon Mersey. We will soon be campaigning in Altrincham and Urmston to target members of Trafford's Executive who represent wards in and around those areas.

We met representatives from FoE groups in Salford, Bolton and Stockport at our latest campaign meeting, and agreed to pool our expertise so we can all carry out this campaign much more effectively across Greater Manchester.

Recipe – Courgette and Potato Soup (both in season right now!)

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At this time of year, if you have a vegetable plot in your garden, or are fortunate to have an allotment, you may have courgette plants that just won't stop fruiting! Abigail Herron shows us how to deal with surplus courgettes and have a refreshing light lunch too:

Ingredients

- Olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 150 g potatoes, diced
- 225 g courgettes, diced or coarsely grated
- 1 teaspoon ground coriander
- 600 ml vegetable stock
- 2 tablespoons light soy sauce
- Freshly ground black pepper
- Fresh coriander, to garnish

To make the soup

- Place a pan on the heat and add the onion and crushed garlic cloves.
- Cook over a medium heat for 5 minutes until the onion has softened, but not browned.
- Add the potatoes, courgettes and ground coriander, and cook for a further 2–3 minutes.
- Add the vegetable stock and soy sauce, and bring to the boil.
- Reduce the heat and simmer for a further 15 minutes, until the potatoes have broken down.
- Season to taste with freshly ground black pepper and ladle into two warmed soup bowls.
- Garnish with the fresh coriander and serve.

(Serves 2)



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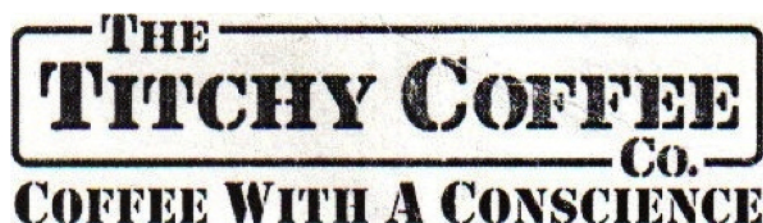
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Coming Up



Saturday 14th August

Open Day at Seymour Grove Allotments, off Kings Road, Old Trafford M16 0JG, run by Old Trafford Amateur Gardeners' Society. Allotment produce and home-made cream teas for sale.

Thursday 19th to Tuesday 24th August

Climate Camp, Edinburgh. Target the Royal Bank of Scotland, which is involved in the exploitation of Canadian tar sands. See

<http://www.climatecamp.org.uk/>

Saturday 4th September

End Domestic Flights! Demonstration at Terminal 3, Manchester Airport organised by SEMA – followed by party at Hasty Lane which is threatened by airport expansion.

Friday 10th to Sunday 12th September

Friends of the Earth Local Groups Conference, University of Reading. This year's theme is 'Power and Politics: can we create a different environment' (see page 1 for more details). The deadline for booking is Friday 20th August.

Regular Events



Second Tuesday of the month 6:45 for 7pm.

Full group meeting. Green Fish Resource Centre, 46-50 Oldham Street. New members very welcome to come along and find out more about the group!

Last Thursday of the month 6:45 for 7pm.

Campaigns meeting. Green Fish Resource Centre, 46-50 Oldham Street. All welcome. We split into groups to focus on our main campaign areas: Fix the Food Chain, Get Serious About CO₂, Meat Free Mondays and Transport.

Last Friday of the month (except December)

Bike Friday. Rides from a range of locations in Greater Manchester to work, college or university. Starting points are Worsley (Worsley Road/Chatsworth Road) (**NEW**), Stretford Mall, Chorlton Library, Withington Library, Levenshulme Station and Prestwich (Bury New Road/Scholes Lane). www.bikefriday.org

New Faces, Same Goals

Martyn Williams, FoE's Senior Parliamentary Campaigner, looks at the new political landscape after May's general election.

What does the new coalition government mean for Friends of the Earth?

The challenge is to stop the economic crisis driving the environment off the agenda. Rebuilding the economy is a crucial chance to switch to a low carbon future and save money into the bargain.

As far as our major campaigns are concerned, we must press on. Get Serious About CO₂ aims to start delivering the change we need on the ground. People need to see homes being improved, renewable energy in public buildings, new transport solutions and electric cars, if they're to believe this really is serious.

Fix the Food Chain remains crucial too – climate policy has focussed on power stations, buildings and transport, but ignored farming and food. But now we have an MP, Robert Ffello, taking a Sustainable Livestock Bill forward in Parliament to tackle this issue.

For your own campaigning, if you have the same MP as before – keep going! If your MP is new, remember that, whatever party they're from, local people and groups are still in the best position to influence them. He or she may have a slightly different take from your previous MP, and perhaps be more motivated by energy security worries than by climate change.

Either way, the fact that local voters have the most say hasn't changed. So please keep at it – we can't do it without you!

Many thanks to all the contributors to this issue. If you have any contributions or ideas for future articles, please email me at newsletter@manchesterfoe.org.uk. *Damian*

Manchester FoE is an award-winning campaign group working on issues relating to the environment and social justice. We campaign on issues with a local connection and also lobby for policy changes at local, regional, national and international levels. We work on a diverse range of issues including climate change, corporate responsibility, real food, trade justice, sustainable transport and aviation, and waste and recycling.

For more information about Manchester FoE and our campaigns, see www.manchesterfoe.org.uk